

TAKE THE **RIDE** OF YOUR **LIFE**

Tour de Cure  American
Diabetes
Association®

Red Rider Training Guide

Brought to you by our official training partner



Tour de Cure is thousands of people across the U.S. riding to stop diabetes. Supported by contributions from thousands more, Tour de Cure participants ride for the nearly 30 million people living with diabetes, and the 86 million more Americans currently at risk. Join them for the ride of your life.



Find your local tour and register to ride at: **diabetes.org/tour** or **1-888-DIABETES**

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Tour de Cure[®] American Diabetes Association[®]

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Encouragement and Motivation

Everyone gets excited in that moment of signing up for the Tour de Cure. How could you not? You are doing well for yourself, and supporting the mission of the American Diabetes Association at the same time. But the real trick is keeping that excitement all the way from signing up to the day of the ride. Here are some tips to help you along when training gets tough or excitement wanes:

- Create a training plan and commit to it.
 - A training plan is like a contract with yourself, assuring that you will be well prepared to accomplish your goal.
 - Make sure your goal is reasonable and that you have time to train for it.
 - Stick to your plan as much as possible, but understand that sometimes life will get in the way. And that is ok.

- Sometimes life needs little rewards.
 - Big accomplishments deserve a reward. If you've just completed your longest ride ever, get out for dinner at your favorite place.
 - Remember the way you feel when you've accomplished something big. Store that memory away and use it for motivation on a day when you just don't feel like riding.

- Find a group or buddy to ride and train with.
 - Doing the Tour de Cure as a family or with a significant other will provide great support for training.
 - Contact the ADA about putting you in touch with someone to train with.

- Plan ahead and visualize your successes.
 - Get out your workout clothes the night before your training ride.
 - Think forward to the day of the Tour de Cure and the joy you'll feel being cheered across the line.
 - Use a mantra, a statement or slogan repeated to aid in concentration. Effective examples might be, "I am doing this for me", or "Making it happen, no matter what".

Exercise and training for a ride like the Tour de Cure will always present some challenges. Use these tips to help motivate yourself to be your best and fully enjoy the day of the ride.

You should talk to your doctor before beginning any new exercise program.



Exercise and Healthy Eating Barriers

We know that exercise and healthy eating both play a role in how healthy we are. And despite our best intentions, it can still be challenging to get out for that ride, or eat more veggies with dinner. Let's address those challenges and break down the barriers that keep us from being our healthiest self.

- “I’m not motivated to exercise/eat better”
 - If you recognize that eating well and exercising are important, set some related small specific goals. One goal might be to ride a certain distance in the Tour de Cure or get on your bike at least once a week.
 - Make a plan to reach your goals and write them down (or hang them up), so you can see them and visual the change.
- “I don’t have time for exercise/cooking/healthy eating”
 - If we are committed to our health, there is no better time than now to make the necessary changes. Be efficient with your time.
 - Take a journal of your day and analyze when you might be able to sneak in a ride or walk. Maybe you have a moment on your lunch break or after dinner.
 - Find some healthy recipes that match your comfort level in the kitchen.
- “I don’t have a bike/gym membership”
 - There is so much that can be done to improve our fitness without even leaving the home. Squats, lunges, crunches, and planks will improve our cycling fitness without ever getting on a bike.
 - Go for a walk, play on the playground. Take advantage of all the physical fitness opportunities around you.
 - If you work on these basic fitness routines, you might find the motivation to invest in a bike. You might even be able to borrow one just for the Tour de Cure... Just try to get one ride in beforehand to judge your cycling fitness.
- “I don’t have anyone to support me”
 - Get your family or friends on board. Maybe they would like to take these challenges on themselves, but also feel they have no one to do it with!

We know that those first steps can be the hardest. While we believe that there are resources to accommodate everyone on their journey to better health, we also know it sometimes takes a helping hand. Don't hesitate to contact the professional coaches and dietitians at YOUglycemia if you need support.



Choosing A Tour de Cure Distance

Cycling is a great sport and activity outlet for athletes with diabetes. The benefits that aerobic exercise has on insulin sensitivity, metabolism, and improved outlook on life are well documented. Cycling is an easily accessible sport, requiring little more than a well-tuned bike and the time to ride it (and ideally some friends to ride with). The American Diabetes Association Tour de Cure events provide a great degree of motivation to get out and ride, and are a great reason to push ourselves to new challenges.

Your local Tour de Cure will probably offer four different event lengths:

- A short family ride of 5-10 miles
- A medium distance 20-40 mile ride
- A 50-70 mile ride
- And the big challenge, commonly called a “Century”, a ride of 100 miles

If you sign up for the Tour de Cure, you’ll want to pick a route that will be challenging, attainable, and allow you to ride with the people you want to ride with. Your prior experience is probably the biggest thing to factor in when choosing a route. If you’ve never ridden your bike farther than 20 miles, choosing a Century is probably ill advised. However, choosing the 20-40 mile option might provide a fun amount of challenge and push you to train or ride a little bit harder than you have in the past. Here are some other things to consider when choosing a route:

- How much time can you devote to training?
 - Longer distances will require more “time in the saddle”
 - A structured training plan will help with longer rides.
- Who do you want to ride with?
 - If you are training and riding with a group, pick the greatest distance that the group can complete.
 - Consider riding with your kids. You can still push yourself in training, but riding in a shorter ride as a family is a rewarding experience.
- How do you want to feel when the ride is done?
 - The finish of the Tour de Cure can be a celebration. If you want to participate, make sure that you don’t choose a route that has you headed straight home to bed when finished.

If you are riding in the Tour de Cure, a discussion with your doctor might help you decide on an appropriate route, as well as blood sugar management strategies. You will want to discuss preparation for hypoglycemia, especially if you are on insulin or medication that helps your body produce more insulin.



Getting Started: Couch to 5 miles

Exercising with diabetes is no simple task. Not long ago there were few resources out there for someone wanting to start an exercise program while dealing with diabetes. Today we are lucky to have both inspiration and information at our fingertips, not to mention the Red Rider program at the American Diabetes Association Tour de Cure events. If you've not been active for a while, or ever, consider this your invitation to get to it.

As you probably know, being physically active is good for our health. And research is showing that even small amounts of activity can have a wide range of benefits, from enhanced emotional well-being to improved ability in accomplishing day-to-day tasks. As always, you should talk to your doctor before beginning any new exercise program. Here are a few things to keep in mind as you begin exercising:

- Even small amounts of exercise are meaningful for health and fitness
 - You don't need fancy equipment, or even a gym membership
 - Anything is better than nothing, and things you don't think of as exercise count when it comes to improving fitness. Think yard work and walking.
- Discuss an exercise program with your doctor and other professionals
 - Changes in activity levels may change your insulin sensitivity, leading to changes in medication that can only be recommended by a doctor
 - A diabetes educator or Registered Dietitian can advise on dietary changes
- Getting ready for a Tour de Cure takes a bit of dedication
 - Plan on devoting time to training at least a few times a week.
 - Listen to your body when it comes to food cravings, and see our future posts on fueling for exercise.
 - There is no "fanciest bike" prize at the Tour de Cure; dust off what is in the garage and get out for a spin. (It might be good to take an older bike to a local bike shop for a tune up)

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest	Bike around the block 1-time	Rest	Walk for 10-minutes	Rest	Bike around the block 2-times	Strength Training
2	Rest	Bike around the block 3-times	Rest	Walk for 10-minutes	Rest	Bike around the block 4-times	Strength Training
3	Rest	Bike 1-mile out and 1-mile back	Rest	Walk for 15-minutes	Rest	Bike 1-mile out and 1-mile back	Strength Training
4	Rest	Bike 1-mile out and 1-mile back	Rest	Walk for 15-minutes	Rest	Bike 1-mile out and 1-mile back	Strength Training
5	Rest	Bike 2-miles out and 2-miles back	Rest	Walk for 20-minutes	Rest	Bike 2-miles out and 2-miles back	Strength Training
6	Rest	Bike 2-miles out and 2-miles back	Rest	Walk for 25-minutes	Rest	Bike 2-miles out and 2-miles back	Strength Training



Getting Started: Couch to 10 miles

“The most difficult thing is the decision to act, the rest is merely tenacity.” – Amelia Earhardt

This quote pretty well sums up what it takes to get from the couch to riding 10 miles. Don’t let it serve to undermine the difficulty of training, but do let it empower the choice you make. So, what will it be? Do you want to do a Tour de Cure?

There are few affirmations we must go over before proceeding. First, you are capable of riding 10 miles. Second, you will have to commit at least a bit of time to training and eating well. Third, the Tour de Cure is one of the most rewarding experiences that you can take on.

The logistics of riding 10 miles are pretty straightforward, but here are some tips to improve your chances of success:

- Begin training for your ride at least three months out. Less training does not make the task impossible, but you will feel better with more “time in the saddle”.
- Training doesn’t have to be on a bike. Walking, lifting weights, and doing yard work will all improve your fitness. But do get a handful of bike rides in before the big day.
- Find people to ride or exercise with. Whether it is a spouse, friend, or meet-up group, working with a team who can keep each other accountable will be great motivation.
- Invest a bit of time into how to train and eat for a bike ride. You can do this through trusted Internet sources, but don’t hesitate to contact YOUglycemia for professional help.

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest	Bike around the block 2-times	Rest	Walk for 20-minutes	Rest	Bike around the block 4-times	Strength Training
2	Rest	Bike around the block 5-times	Rest	Walk for 20-minutes	Rest	Bike around the block 10-times	Strength Training
3	Rest	Bike 1-mile out and 1-mile back	Rest	Walk for 30-minutes	Rest	Bike 1-mile out and 1-mile back	Strength Training
4	Rest	Bike 2-miles out and 2-miles back	Rest	Walk for 30-minutes	Rest	Bike 2-miles out and 2-miles back	Strength Training
5	Rest	Bike 3-miles out and 3-miles back	Rest	Walk for 45-minutes	Rest	Bike 3-miles out and 3-miles back	Strength Training
6	Rest	Bike 4-miles out and 4-miles back	Rest	Walk for 45-minutes	Rest	Bike 4-miles out and 4-miles back	Strength Training

While training methods are important, there are a handful of things related to going for a bike ride that are less obvious. Keep these in mind as you decide to do a Tour de Cure:

- There is no “Prettiest Bike” prize at the Tour de Cure. Any old bike will do, but it is a good idea to have that bike looked over at a local bike shop to ensure it is in safe working order.
- When you ride, make sure you have adequate water and food for the time you’ll be riding.
- Knowing how to change the tube in a flat tire is a valuable skill to have. Having all the things needed to change that tube is also valuable. Talk with a bike mechanic to get a flat tire repair kit and have them teach you how to use it.

Whether it is your first bike ride or just your first bike ride in a while, planning & training for the Tour de Cure is a rewarding experience. You’ll not only improve your health & feel a tremendous sense of achievement; you’ll also be supporting the mission of the American Diabetes Association.

If you plan to go further than 5-miles or 10-miles, here are some other training programs provided by the Tour de Cure and the American Diabetes Association.

8 Weeks to 30 Miles

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Rest	20 min. Steady	Rest	20 min. Steady	Rest	10 miles Steady	Cx Train 10 min.
2	Rest	25 min. Steady	Rest	25 min. Steady	Rest	12 miles Steady	Cx Train 10 min.
3	Rest	30 min. Steady	Rest	30 min. Steady	Rest	15 miles Steady	Cx Train 15 min.
4	Rest	20 min. Easy	Rest	20 min. Easy	Rest	18 miles Steady	Cx Train 15 min.
5	Rest	20 min. Hard	Rest	20 min. Hard	Rest	21 miles Steady	Cx Train 20 min.
6	Rest	25 min. Hard	Rest	25 min. Hard	Rest	24 miles Steady	Cx Train 20 min.
7	Rest	30 min. Hard	Rest	30 min. Hard	Rest	27 miles Steady	Cx Train 25 min.
8	Rest	20 min. Easy	Rest	20 min. Easy	Rest	Ride your 30 mile	Tour de Cure

10 Weeks to 60 Miles

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Rest	20 min. Steady	Rest	20 min. Steady	Rest	10 miles Steady	Cx Train 10 min.
2	Rest	25 min. Steady	Rest	25 min. Steady	Rest	12 miles Steady	Cx Train 10 min.
3	Rest	30 min. Steady	Rest	30 min. Steady	Rest	15 miles Steady	Cx Train 15 min.
4	Rest	35 min. Steady	Rest	35 min. Steady	Rest	18 miles Steady	Cx Train 15 min.
5	Rest	20 min. Easy	Rest	20 min. Easy	Rest	22 miles Steady	Cx Train 20 min.
6	Rest	20 min. Hard	Rest	20 min. Hard	Rest	26 miles Steady	Cx Train 20 min.
7	Rest	25 min. Hard	Rest	25 min. Hard	Rest	32 miles Steady	Cx Train 25 min.
8	Rest	30 min. Hard	Rest	30 min. Hard	Rest	40 miles Steady	Cx Train 25 min.
9	Rest	20 min. Easy	Rest	20 min. Easy	Rest	50 miles Steady	Cx Train 30 min.
10	Rest	35 min. Hard	Rest	35 min. Hard	Rest	Ride your 60 mile	Tour de Cure

12 Weeks to 100 Miles

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Rest	20 min. Steady	Rest	20 min. Steady	Rest	10 miles Steady	Cx Train 10 min.
2	Rest	25 min. Steady	Rest	25 min. Steady	Rest	12 miles Steady	Cx Train 10 min.
3	Rest	30 min. Steady	Rest	30 min. Steady	Rest	15 miles Steady	Cx Train 15 min.
4	Rest	20 min. Easy	Rest	20 min. Easy	Rest	18 miles Steady	Cx Train 15 min.
5	Rest	20 min. Hard	Rest	20 min. Hard	Rest	25 miles Steady	Cx Train 20 min.
6	Rest	25 min. Hard	Rest	25 min. Hard	Rest	32 miles Steady	Cx Train 20 min.
7	Rest	30 min. Hard	Rest	30 min. Hard	Rest	40 miles Steady	Cx Train 25 min.
8	Rest	20 min. Easy	Rest	20 min. Easy	Rest	50 miles Steady	Cx Train 25 min.
9	Rest	35 min. Hard	Rest	35 min. Hard	Rest	62 miles Steady	Cx Train 30 min.
10	Rest	35 min. Hard	Rest	35 min. Hard	Rest	75 miles Steady	Cx Train 30 min.
11	Rest	35 min. Hard	Rest	35 min. Hard	Rest	90 miles Steady	Cx Train 30 min.
12	Rest	20 min. Easy	Rest	20 min. Easy	20 min. Hard	Ride your 100 mile	Tour de Cure



Nutrition Before the Ride

Those of us with diabetes know all too well how various foods affect our blood sugar, and consequently, our insulin needs. When we throw exercise into the mix as well, things get tricky. Add the stress of waking up early and packing up the bike and supplies to drive to the start line of the Tour de Cure, and our blood sugar has a tendency to undergo mind-bending highs or lows. Thankfully, there are a few steps we can take to reach the start of a training ride, or of the Tour de Cure, with our blood sugar in a manageable place and our mind focused on the ride ahead. The following tips will help you have your best ride at Tour de Cure:

Don't Experiment

A professional cyclist will never introduce something new on race day; you shouldn't either! If you are used to eating oatmeal, stick with it on the morning of your big ride. If you have done well with eggs and a banana, it will be the best option for race day.

Plan Ahead

Pre-cook oatmeal or hard boil eggs and put them next to an apple or banana in the fridge the night before your ride. Eat enough carbohydrates to keep your blood glucose where you want it before the ride. Balance the carbohydrate with some fat and protein, such as eggs, peanut butter, or other nuts. Do some practice runs... put these principles into action for a few training rides before the Tour de Cure to identify what works best for you.

Know Your Body

Some of us might thrive under stress, always ready to take on another challenge and remaining calm in the face of crisis. But for those of us without these super powers, planning ahead for the big day might be helpful. Between waking up early and leaving for the ride, we'll have to get our bike prepped; diabetes supplies set out (don't forget them!), make breakfast (did you plan ahead!), and get all those things to the car. That planning can help keep stress levels low. Set everything out so that you can go to bed thinking about a good night's sleep & the ride ahead.

Factor in Insulin

Practice and work with your doctor when finding out how stress and riding affect your blood sugar. Test frequently. Contact the coaches and dietitians at YOUglycemia if you need more support.

Peanut Butter Oats

Ingredients:

½ cup dry old fashioned oats
1 cup skim milk
1 Tbsp peanut butter
1 tsp maple syrup
½ tsp cinnamon
Pinch of salt

335 calories
10g fat
46g carbohydrate
5g fiber
18g protein

Directions: Cook oats in milk according to package directions. Stir in peanut butter, syrup, salt and cinnamon. Enjoy!



Nutrition for Your Ride

All the preparation comes down to this big day. You've raised your money and done your training. A quick check lets you know your tires are pumped up. Then you feel your pockets and ask yourself, **"Do I have enough food?"**

For those of us with diabetes, this question is critical. Here are some tips to make sure we are fueling adequately and not running out of food on the day of the ride:

- Always over prepare. Bring more than you think you might need, plus a little extra.
- Practice. Use the same foods you train with. Know how your blood sugar and digestive system respond to them. Do NOT try NEW foods on ride day.
- Find out what foods will be at the aid stations at your Tour de Cure so you can start to practice with these while training.
- Eat enough, and start early. It sounds simple, but it is easy to forget. 30-60g of carbs per hour will help you finish strong.
- Have some fast acting sugar with you, such as glucose tabs, in order to correct any lows that may happen.

There are a few things that good ride food must be:

- Compact
- Convenient
- Calorie/Carbohydrate dense

It is easy to reach for the various gels and sports nutrition out there, but it is possible to find some healthy, whole food dried fruit (or fruit leather), or trail mix all make for good ride less traditional, a boiled, salted potato wrapped in foil provides and potassium. Bananas come in biodegradable packaging that you are done! Find foods that work for you and are easy to digest. Don't forget to hydrate well throughout the ride.



products that are options. Bananas, food. For something plenty of starch, sodium, can toss in the ditch when

Don't let nutrition derail your ride day!

Check your blood sugar often and use the foods you've practiced with.



Nutrition After the Ride: Recovery

To get the most out of our training and exercise, it is important that we fuel well for recovery. We are literally cheating ourselves out of fitness if we aren't making recovery a priority. So read on, and learn to maximize your fitness with a well-planned recovery.

Eat well during your ride. You need to consume carbohydrates during the ride, especially if you are doing a longer distance to prevent hypoglycemia and to give yourself the energy you need to continue. Eating consistently during your workout will not only help you finish strong, but help speed up your bodies repair, as well. Keep the food coming in all the way to the end.

Eat right after the ride. Within 30 minutes, to be exact. This is the optimal time to reload all the carbohydrates you just burned and kick start muscle repair. Try to consume a mixture of carbs and protein immediately after finishing. An ideal ratio is 4:1, so if you are eating 40 g of carbs, try to get about 10 g of protein. If you take insulin, make sure you take insulin to cover your food intake. Work with your doctor to plan insulin around exercise. Here are some great recovery snacks:

- Yogurt with fruit and nuts
- A smoothie with banana, berries, and whey protein or nuts
- Low-fat chocolate milk
- ½ turkey sandwich

Drink up. During a long ride your body loses water along with sodium in your sweat. Keep drinking after your finish to help speed recovery and prevent dehydration.

Stretch and workout your core. As much as we love it, cycling can set us up for some body imbalances. Tight hip flexors and weak glutes are the most common. After a recovery snack, take 10 minutes to do some light stretching and strengthening. Here are some good examples:

- Planks: Get into pushup position, maintain a straight & strong back and mid-section
- Sun Salutations: A natural for the yogi cyclists, but we'd all benefit from this asana
- Supermans. Lie flat on your stomach and lift your head, arms, and feet

Post-Ride meal. Plan to finish recovery with a lunch or dinner meal within 2 hours of finishing and the size of that meal will depend on the distance you rode (plan for a much larger meal if you rode 25 to 50 miles or more). Remember to check your blood sugar during the ride and when you finish.



And lastly, after you've finished the Tour de Cure, take extra care to delight in all the wonderful food and libations from the great sponsors that will be there. You just accomplished a tremendous feat in riding and fundraising. Congratulations!

Contact the coaches and Registered Dietitians at YOUglycemia for added support.

You should talk to your doctor before beginning any new exercise program.

GO RED RIDER!

